### Subject Index

| A. See Activating event | Agoraphobia Cognitions Questionnaire, 191 |
| ABA. See Applied behavior analysis | ALGBTIC. See Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling |
| ABCT. See Association for Behavioral and Cognitive Therapies | American Counseling Association (ACA), 13, 15–16, 343–344, 364 |
| Absolute worth, 130 | American Psychological Association (APA), 11, 15, 115, 158, 260, 343–344, 364 |
| Abuse, sexual, 30–31, 55 | Amplified reflection, 131 |
| ACA. See American Counseling Association | Anal stage, 33 |
| ACBS. See Association for Contextual Behavioral Science | And this is my existence, 159 |
| Acceptance, 92, 129, 375–376, 382 | Anger expression, 272–273 |
| Accepting, in reality therapy, 240 | Angering, 235, 236 |
| Acculturation or ethnocultural orientation, 352–353 | Antecedents, 174 |
| Accurate empathy, 130 | Anti-anorexia/Anti-bulimia League, 288 |
| ACT. See Acceptance and commitment therapy | Anxiety, 52, 68 |
| Acting, in reality therapy, 234 | behavior therapy, 173, 183, 188–189 |
| Acting as if, 64, 75, 82 | existentialism, 94 |
| Action, in stages of change, 388 | isolation, 97 |
| Activating event (A), in REBT, 206, 217, 220 | Anxiety Disorders Interview Schedule for DSM-IV, 188 |
| Activity scheduling, 180 | Anxious-avoidant insecure attachment, 41 |
| Actualizing tendency, 118 | Anxious-resistant insecure attachment, 41 |
| ADDRESSING, 350 | APA. See American Psychological Association |
| Adler, Alfred, 92, 114 | Applied behavior analysis (ABA), 171, 176, 196 |
| background, 60 | Assertiveness, 173, 183, 184 |
| existentialism, 91, 101 | Assertiveness training, 173, 183 |
| family systems theory, 312 | Assessments, 123–124 |
| Freud, S., and, 59, 60–61, 368 | behavior therapy, 173–176 |
| paradoxical intention, 101–102, 103–104 | CBT, 210–212 |
| psychoanalysis, 35, 38, 39 | constructive therapy, 292–294 |
| Adler, Raissa Epstein, 60, 61, 259 | cedulous approach to, 293 |
| Adlerian Lifestyle Scale, 85 | culturally sensitive, 16, 18 |
| Adlerian play therapy, 78, 83 | feminist therapy, 268–272 |
| Adlerian therapy, 77–83 | gestalt therapy, 151–152 |
| cultural sensitivity, 85 | individual psychology lifestyle, 71–74 |
| gender and sexuality, 85–86, 87 | multiculturally sensitive therapy, 349–350, 364 |
| spirituality, 86 | outcomes, 18 |
| theory development, 84–85 | psychoanalysis, 42–43 |
| Adverse childhood event, 179 | reality therapy, 239–240, 252 |
| Advice, suggestions, direction, 78 | ASSIMILATED, 352 |
| Aetiology of Hysteria, 31 | Assimilative integration, 371 |
| Affirmation, 130 | Association for Behavioral and Cognitive Therapies (ABCT), 170, 199 |
| Affirmative therapy, 361, 362–363 | Association for Behavioral and Cognitive Therapies (ABCT), 170 |
| Aftermath, 208 | Association for Contextual Behavioral Science (ACBS), 170 |
| Aggression, 184 | Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC), 344 |
| Automatic thoughts, 292–294 | Association for Men in Psychology (AMP), 260 |
| Autonomy support, 130, 168 | Association of Black Psychologists, 343 |
| Aversive conditioning, 179 | Association of Multicultural Counseling and Development (AMCD), 343 |
| Avoid things, in reality therapy, 237 | Attachment theory, 41, 374 |
| Avoidance, 99, 182 | Attachment therapies, as PFT, 17 |
| Avoiding lifestyle type, 65 | Attachment-informed psychotherapy, 40 |
| Awareness, 149, 151, 153–154 | Authentic chameleon, 373 |
| AWP. See Association for Women in Psychology | Automatic thoughts, 207, 208, 210, 211, 213–215 |
| Axon, 20 | Autonomy support, 130, 168 |
| B. See Belief | Aversive conditioning, 179 |
| BA. See Behavioral activation | Avoid things, in reality therapy, 237 |
| Basic Adlerian scales for Interpersonal Success - Adult Form (BASIS-A Inventory), 71, 83 | Avoidance, 99, 182 |
| BASIC I.D., 372 | Avoiding lifestyle type, 65 |
| Basic mistakes, 65, 74, 75 | Awareness, 149, 151, 153–154 |
| Basic needs self-assessment, 240 | Association for Men in Psychology |
| Basic rule, psychoanalysis, 43 | Axon, 20 |

Empathic understanding, 113, 120, 126, 139
Empathy, 5, 17, 22, 121, 130, 273, 381
feminist therapy, 271, 273
PCT, 120
reality therapy, 237, 240, 246, 247
Empirically supported treatments (ESTs), 1, 11, 15, 17–18, 173, 222–223
Empirically validated treatment, 11
Empiricism, 11, 203, 215
Empowerment, 5, 266, 269
Empty-chair dialogue, 148, 152, 154, 155, 157–158, 165
Encouraging, in reality therapy, 240, 242–243
Enmeshment, 322
Eros, 32
ES. See Effect size
Essences, 90
ESTs. See Empirically supported treatments
Ethic of caring, 264
Ethical standards, of ACA, 13
Ethics, 13–14, 18. See also Informed consent
Ethnic-specific services, 361
Ethnic matching, 361
Informed consent
See also
Ethical standards, of ACA, 13
Ethic of caring, 264
See ESTs.
Essences, 90
ES. See
Eros, 32
Empirical, 264
Empirically validated treatment, 11
Empirically supported treatments (ESTs), 1, 11, 15, 17–18, 173, 222–223
Empirically supported treatments (ESTs), 1, 11, 15, 17–18, 173, 222–223
Empirically supported treatments (ESTs), 1, 11, 15, 17–18, 173, 222–223
Exception questions, 299
The exaggeration experience, 157, 165
Evocation, 129, 130
The exaggeration experience, 157, 165
Exception questions, 299
Existence: A New Dimension in Psychiatry and Psychology (May), 92
Existential approaches, 24
Existential Integrative Psychotherapy (Schneider), 109
Existential integrative therapy (EIT), 100–101, 103
Existential philosophy, 104, 111
Existential psychodynamics, 95–98
Existential theory, 89, 100–102, 112, 143, 230
case presentation, 105–108
evidence-based status, 108–109
gender and cultural issues, 109–111
historical context, 90–93
principles, 93–99
psychopathology, 98–99
treatments, 103–105
Existing, 68, 75, 83
Encouraging, in reality therapy, 240, 242–243
Evidence-based principles (EBPs), for positive outcomes, 18
Evidence-based status, 191–193, 249–250
CBT, 222–224
case conceptualization, 304–306
DBT, 383
EFT, 381–382
EMDR, 377–378
existential therapy, 108–109
family therapy, 334
feminist therapy, 279–280
Gestalt therapy, 162–163
individual psychology, 83–86
for IPT-D, 375
MBCT, 387
MIMT, 373
multiculturally sensitive therapy, 360–361
PCT, 116–117
psychoanalysis, 49–50
Evocation, 129, 130
The exaggeration experience, 157, 165
Exception questions, 299
Existence: A New Dimension in Psychiatry and Psychology (May), 92
Existential approaches, 24
Existential Integrative Psychotherapy (Schneider), 109
Existential integrative therapy (EIT), 100–101, 103
Existential philosophy, 104, 111
Existential psychodynamics, 95–98
Existential theory, 89, 100–102, 112, 143, 230
case presentation, 105–108
evidence-based status, 108–109
gender and cultural issues, 109–111
historical context, 90–93
principles, 93–99
psychopathology, 98–99
treatments, 103–105
Existentialism, 63, 91, 94, 101
Exosystem, 315
Expectancy, 10
Experiential avoidance, 186
Experiential models, 326–328, 331
Exposure response, 191
Exposure therapy, 192–193
Exposure treatment, 182
Expression, facial, 141, 142, 154
Experiential art therapy, 128, 139
Experiential-experiential therapies, 6, 17
External control psychology, 230–231
External validity, in effectiveness research, 10
Externalizing conversations, 296
Extinction, 172, 177
Extratherapeutic factors, 9
Eye movement desensitization reprocessing (EMDR), 12, 18, 173, 193, 290, 368, 375–379
Eysenck, Hans, 7, 27, 170, 370
F. See New feeling
FACES. See Family Adaptability and Cohesion Evaluation Scale
Facilitated communication, as PHT, 17
Fading, 178
“Faith: The Fifth Psychological Need” (Dennis), 251
Family Adaptability and Cohesion Evaluation Scale (FACES), 334
Family Constellation Interview (FCI), 71, 85
Family dynamics, 311–313, 315, 316, 336
Family enactments, 325
Family mapping, 325
Family roles, 320
Family rules, 320
Family sculpting, 328
Family systems theory, 25, 311, 332–338
historical context, 312–314
intergenerational, 320–322, 331
strategic and structural, 322–331
theoretical principles, 314–320
Family therapy, 300, 333
FFT, 329–330, 331, 335
history timeline, 312–314
humanistic-existential, 331, 326–328
intergenerational, 320–322, 331
MDFT, 330, 331, 334–335
MST, 330–331, 335
narrative, 334
one person, 312, 317, 325
traditional, 334
Fascism, 143–145
Favorite Counseling and Therapy Techniques (Ellis), 215
FBA. See Functional behavioral assessment
FCI. See Family constellation interview
Fear responses, 168–169
Feedback, 184
body, 149, 154
therapeutic, 9, 13, 101
Feeling, in reality therapy, 234
Feeling the actual, 143, 144
Female genital mutilation, 382
Feeling, in reality therapy, 234
Female genital mutilation, 280
Female sexuality, 39
Feminism, 61, 85, 256, 258–259, 266, 281
Feminist consciousness-raising groups, 260–261
Feminist Self-Disclosure Inventory (FSDI), 279
Feminist theory, 25, 39
Feminist therapy, 255–256, 278–282
historical context, 257–261
informed consent, 266–268
outcomes measurement, 279
relationships, 272–273
treatment, 275–277
Feminist/multicultural perspective, 5, 27, 250
FFT. See Functional family therapy
Fictional finalism, 64
Field theory, 146, 313
Fight or flight phenomenon, 264–265
Figure-formation process, 146–147
First, do no harm. See Primum non nocere
First session formula task, 298
First wave feminism, 258, 281
First-order change, 318
Five basic human needs, 231–234, 252
Fixation, 34
Fixed interval reinforcement, 177
Fixed ratio reinforcement, 177
Focal psychotherapy, 38
Forced training, 297
Forming the therapeutic relationship, 69
Formula tasks, 287, 298
Foundations, theories as, 2
Four big questions, in living choice theory, 241–242
Four goals of misbehavior, 61, 62
Four stages, of Adlerian therapy, 77–78
Fourth wave feminism, 259, 281
Frankl, Viktor, 63, 89, 91, 97–98, 101–102, 111, 368
Free association, 43
Free will, 103, 168
Freedom, 95–96, 111
Freedom and Destiny (May), 92
Freedom to Learn: A View of What Education Might Become (Rogers, C.), 116
Freud, Anna, 36–37
Freud, Sigmund, 26–27, 284
Adler, A., and, 59, 60–62, 368
background of, 30
existentialism, 91
as father of psychotherapy, 4, 29
on psychotherapy, 29
seduction hypothesis of, 31–32
Frontal lobe, 19–20
FSDI. See Feminist Self-Disclosure Inventory
Functional behavioral assessment (FBA), 174–175
Functional family therapy (FFT), 329–330, 331, 335
Future autobiography, 75
Gaslighting, 382
Gemeinschaftsgefühl, 61–63, 66, 69, 86
Gender, 138, 224–225, 262, 348
Adlerian therapy, 85–86, 87
Journal of Clinical Child & Adolescent Psychology, “Evidence Base Update” of, 12
Journal of Individual Psychology, 85
Jung, Carl Gustav, 4, 35, 36, 94, 97
Kinder, Knobe, Kirche as Scientific Law: Misogyny in the Science of Psychology (Weinstein), 259–260
Koran, 284
Kraus, Kurt, 26, 110
Labeling and mislabeling, 214
Language, 154–155, 288–289
Language matching, 361
Latency, 33
Law of effect, 169
Lazarus, Arnold, 170, 196
Learning theories, 170
Left hemisphere, 20
Left-mode processing (LMP), 50
Letter writing, 299–300
Letters of invitation, 299
Letters of prediction, 299
Levels of change, 389
LGBTQ issues
affirmative therapy, 344, 346, 361, 362
CBT and, 226
family systems therapy, 335–336
Gestalt therapy and, 164
Libido, 32
Life Regard Index, 108
Lifestyle, individual psychology and, 71
Lifestyle assessment, 71–74
Limbic system, 20
Linear thinking, 316
Little Albert, 168–169
Little Hans, 168–169
Little Peter, 169, 172
Living choice theory, 241–242
LMP. See Left-mode processing
Lobotomy, 4
Logotherapy, 91, 98
Love and free will, 103
Love and marriage life task, 65, 66
Love and Will (May), 92
Love they neighbor, 62–63, 66–67
Love’s Executioner (Yalom), 96
Macroystem, 315
Magnification, 214
Mahoney, Michael, 167–168, 199, 200, 226
Maintenance, in stages of change, 388
Maladaptive thoughts, 203, 207, 209, 217–219, 225, 226
Male as normative, 264–265
Male crisis, 270
Mandated clients, 298
Man’s Search for Meaning (Frankl), 91
Marginal acculturation, 352
Marriage, 294, 300
Marriage Consultation Center, 313
Masculine protest, 60–61
Massed exposure, 182
Maudsley Group, 170
May, Rollo, 63, 90, 91–94, 101, 113–114
MBCT. See Mindfulness-based cognitive therapy
MBET. See Mindfulness-based existential therapy
McMaster Clinical Rating Scale, 334
MDFT. See Multidimensional family therapy
The Meaning of Anxiety (May), 92
Meaningfulness, 97–98, 111
Medical model, 11–12
Medicalization, of psychotherapy, 11
Medication, 4, 235
Meichenbaum, Donald, 203–204, 207–208, 226
The melting pot, 352
Memory consolidation, 289–290
Memory reconsolidation, 289–290
Men issues, 273–274
Mental disorders. See also specific disorders
chemical imbalance theory of, 18
Glasser on, 235–236, 246, 252
Mental therapy
Mental Research Institute (MRI), 286, 314
Mesosystem, 315
Meta-analysis, 7–8, 52
Metaphysics (Aristotle), 146
MI. See Motivational interviewing
Microaggressions, 224
Microsystem, 315
Milan Group, 286–287
Mimesis, 324–325
Mind reading, 214, 215
Mindfulness, 5, 101
Mindfulness-based cognitive therapy (MBCT), 101, 105, 225, 376, 386–387
Mindfulness-based existential therapy (MBET), 105–106
Minimization, 214
Minnesota Multiphasic Personality Inventory (MMPI), 42
Minuchin, Salvador, 26, 122–326
The miracle question, 297–298
Mirror neurons, 20, 272
Mirror time, 199
Misattribution of hostility, 217
Mitwelt, 93, 111
MMPI. See Minnesota Multiphasic Personality Inventory
MMT. See Multimodal therapy
Mobility Inventory Questionnaire, 191
Modeling, 184, 204
Modern psychoanalytic approaches, 29
Modernism, 288
Moment-to-moment sensitivity, 118, 120, 128, 142, 151
Moral development stages, of Kohlberg, 264
Mother’s movement, 259
Mother’s support groups, 312–313
Motivational interviewing (MI), 128–131, 139
Motivational Interviewing (Miller and Rollnick), 128–129, 130
MRI. See Mental Research Institute
MSJCC. See Multicultural and Social Justice Counseling Competencies
MST. See Multisystemic family therapy
Multicultural and Social Justice Counseling Competencies (MSJCC), 349
Multicultural competencies, 13–14, 343–345, 348–349, 364
Multicultural counseling/therapy, 341
Multicultural knowledge, 14
Multicultural theory, 25
Multiculturalism
behavior therapy, 193–194
CBT and, 224–225, 348
constructive therapy, 306–307
defined, 340–341
extistential therapy, 109–110
family systems therapy, 335
feminist therapy, 280
Gestalt therapy, 163–164
historical context, 341–345, 368
insensitivity and harm, 15–16, 246, 342
PCT, 137–138
psychoanalysis, 41, 53
reality therapy, 250–251
theoretical principles, 345–347
Multiculturally sensitive therapy, 348–357
evidence-based status, 360–361
gender and sexuality, 361–362
interventions, 359–360
outcomes measurement, 360
problem formulation, 358–359
Multidimensional family therapy (MDFT), 330, 334–335
Multimodal Life History Inventory, 373
Multimodal therapy (MMT), 372–373
Multiple roles, 14
Multisystemic family therapy (MST), 330–331, 335
Mutualisation, 208
Mutual empathy, 273
Mutuality, 5, 273
Myers-Briggs Type Indicator, 36, 107
Narrative exposure therapy (NET), 290, 301, 371, 378
Narrative metaphor, 287
Narrative therapy, 33, 287–288, 292, 306, 331
National Institute of Mental Health (NIMH), 11, 375
National Organization of Women (NOW), 258
National Registry of Evidence-Based Programs and Practices, 12
Nature Heals (Goodman), 164
 Necessary and sufficient conditions, 120–122, 137
“The Necessary and Sufficient Conditions of Therapeutic Personality Change” (Rogers, C.), 120
Need for freedom, 233
Need for fun, 234
Need for love and belonging, 232
Need for positive regard, 118
Need for power (or inner control), 232–233
Need for self-regard, 118
Need for survival, 246
Need to belong, 66
Negative cognitive triad, 208
Negative outcomes, 15, 16, 17
Psychoanalysis, 55–57, 167

case presentation, 47–49
developmental theories, 35–41
dream interpretation, 46
ego psychology, 29
evaluations and application, 49–54
evidence-based status, 49–50

gestalt therapy and, 145

goals and assessment, 42–43
historical context, 10–12
object relations theory, 29

Pine's stages of theory development, 35–36
practice, 41–47
primary stages of development, 33–34
principles, 32–35
relational, 29
self psychology, 29
short-term and time-limited, 38–39
treatment, 47–49

Psychoanalytic or psychodynamic theory, 24

Psychodynamic psychotherapy, 29, 38–39, 46–47, 52, 374

Psychoeducation, 6, 212–213, 220

Psychological birth order, 71–72, 83, 85

Psychological intervention factors, for
psychological birth order, 71–72, 83, 85

Psychoeducation, 6, 212–213, 220

Psychoanalysis, 33

time-limited, 38–39

scientific context of, 7–13
psychosocial perspective of, 5

Freud, S., on, 29

feminist/multicultural perspective of, 5

Feud, S., on, 29

historical context of, 3–5
medicalization of, 11

neuroscience in, 18–22
psychodynamic, 29, 38–39, 46–47, 52, 374
psychosocial perspective of, 5

relational, 29

scientific context of, 7–13
theory of, 119–120

time-limited, 38–39

Psychotherapy by Reciprocal Inhibition (Wolpe), 170

PTSD. See Posttraumatic stress disorder

Punishment, 34, 171, 179

Purpose

of pathological behavior, 236–237
of psychoanalysis, 33

Purpose in Life Test, 108

Push-button technique, 76

Qualitative data collection, 11, 25

Quality world, 234, 236, 239

The Question, 72

Questioned out, 292

Questionnaires, standardized objective, 176, 270

Questions

exception, 299

four big, in living choice theory, 241–242

miracle, 297–298

percentage, 293

presuppositional, 297

pretreatment change, 295

reality therapy, 241–242

redescription, 295–296

scaling, 292–293

Socratic, 201, 215, 220

what-and-how, 147, 148

who-how-whom, 371

Race, 250, 342

Radical acceptance, 92, 382

RAI. See Reflecting as if

Randomized controlled trials (RCTs), 10–11,

17, 194, 375

Rape, 271

Rational belief (rB), 206, 215

Rational emotive behavior therapy (REBT),

201–202, 205, 215, 217, 220, 226

CT compared to, 206–207

Psychopathology, 208

Rational response, 211

Rationale, conceptual scheme, or myth, 370

Rationalization, 35

rB. See Rational belief

RCT. See Relational-cultural therapy

RCTs. See Randomized controlled trials

Reaction formation, 35

Real self, 119

Reality principle, 34

Reality therapy, 25, 203, 205, 229, 241, 244,

253. See also Choice theory

assessment in, 239–240, 252

cultural and gender issues, 250–251

evidence-based status, 249–250

historical context, 230

interventions, 247–248

problem formulation, 245–247

theoretical principles, 230–237

treatment, 242–243

Reframing, 102, 325–326

Repression, 35

Relational-cultural therapy (RCT), 261,

271–272, 276–277, 280, 281

Relationships. See also Therapeutic relationship
core conflictual theme, 38–39, 54
dialogic, 153, 165

feminist therapy, 272–273

glasser on, 236, 239

I-Thou, 96, 100, 111, 128, 151

Relaxation training, 180, 181, 184

Religion, 2, 3, 98

Religious/spiritual perspective, 4–5, 27

Reorienting, 75–78

Repetition compulsion, 33

Repression, 35

Re-membering, 290

Research
effectiveness, 10, 11
efficacy, 10–11, 26

point and counterpoint in, 8

subjectivity in, 10

Resistance, client, 38, 43, 44, 45, 47, 290,

301–302

Resistance to contact, 148–149

Respecting, in reality therapy, 240

Response prevention, 3, 183

Restrain anger, of reality therapy, 236

Restructuring, 325

Retroflection, 150

RFA. See Relational frames theory

Right brain implicit self, 51

Right hemisphere, 20

Right-mode processing (RMP), 50, 51

Rigid boundaries, 319

Ritual prevention, 183, 191

Rituals, 370

RMP. See Right-mode processing

Rogers, Carl, 1, 113–140, 260, 313

Rogers, Natalie, 115, 121–123, 126, 139

Roles

family, 320

in family systems, 322, 326, 327, 329, 330, 331, 333, 334, 335
gender, 270

discrimination, 43–44, 292

interpersonal dispute, 374

male-female, 14

transition, 374

Rorschach Inkblot Test, 42–43

Rosenberg Self-Esteem Inventory, 136

Ruling lifestyle type, 65

SAMHSA. See Substance Abuse and Mental Health Services Administration

SAMEC, in reality therapy, 241, 244

Sartre, Jean-Paul, 90–91, 97, 143
Thoughts

Thought record, 211
Third wave feminism, 258–259, 281
Third wave behavior therapy, 375–387
Thinking in shades of gray, 215–216, 217–218
Thinking, in reality therapy, 234

Things or experiences or activities, in reality

Therapist

common factor and, 10, 11–12
confusion, 288
constructive therapy, 295–301
double standard, 215
Gestalt therapy, 156
push-button, 76
Temporal lobe, 20
Ten Axioms of Choice Theory, 237
Tend and befriend, 265
Termination, in stages of change, 389

TP-CBT. See Trauma-focused cognitive

behavioral therapy

Thanatos, 32
Thematic Apperception Test, 42
Theoretical integration, 369
Theory, 1–3. See also specific theories
Therapeutic alliance, 9–10, 17, 43, 101, 201,
204, 210
Therapeutic breaks, 300–301
Therapeutic encounter, 145, 151, 153
Therapeutic relationship, 9–10, 302–303,
369, 370
feminist therapy, 272–273
individual psychology, 69
multiculturally sensitive therapy, 350–352
PCT, 113
positive outcomes and, 17
reality therapy, 230, 236
Therapist

factors, for negative outcomes, 16
self-disclosure, 153
theoretical orientation of, 23–24
verbal self-censoring, 125

Therapy. See also specific therapies
collaboration, 290
potentially harmful, 17
strengths and solutions focus, 290–291
Things or experiences or activities, in reality

Therapy, 7

Unfinished business, 155–156, 158, 159,
161, 165
Unique account and redescription questions,
295–296
Unique outcomes or sparkling moments,
295–296
UOA. See Unconditional other-acceptance
USA. See Unconditional self-acceptance
Utilization, 285

Vaihinger, Hans, 64, 283, 284
Validity, 10
Van Deurzen, Emmy, 93, 103
Variable interval reinforcement, 178
Variable ratio reinforcement, 177–178
Verbal magic, 286
Verbal self-censoring, therapist, 125
Vertical descent (downward arrow), 214
Vicarious learning, 204
Victimized lifestyle type, 65
Videotalk, 297
Vigorous and forceful disputing, 215
Virtual reality exposure, 182–183,
191–192
Visitors to treatment, 293
Visualization, 104–105

Walking within, 120
Wanting Doing Evaluating Planning
(WDEP), 236, 238–239
Watson, John B., 114, 168–169, 195
WDEP. See Wanting Doing Evaluating
Planning

Wechsler Adult Intelligence Scales, 42
What-and-how, 147, 148
What's good about you?, 356–357
What's up with you?, 356–357
Who to meaning, Frankl on, 97–98
William Glasser Institutes, 237, 250
Wolpe, Joseph, 170, 171, 173, 180, 192, 196,
199
Women and madness, 260
Women's liberation, 258
Work or occupation life task, 65–66
Working alliance, 9–10, 17, 43, 101, 201,
204, 210
Working Alliance Inventory, 279
The working definition of counseling and
psychotherapy, 7
Worldwide issues, 116, 139
Write-read-burn task, 298
Wubbolding, Robert, 17, 238, 241, 244, 250
Wundt, Wilhelm, 167, 201

Yalom, Irvin, 25, 89, 90, 93, 95, 96, 98
You can do it approach, of encouragement, 68
Your quality world, 234, 236, 239
Zeitgeist, 26, 92–93